

CORE PRACTICE

STOP → LISTEN → BREATHE

Stop what you are doing.

Close your eyes.

Be still and listen.

Notice how you feel inside.

Pay attention to your breathing.

Breathe slowly in through your nose and out through your mouth.

Imagine the air slowly filling your lungs and belly and then flowing out again.

If you notice that you are thinking about other things, that's okay. Just accept it, and then bring your attention back to your breath.

Notice your belly moving as you take slow belly breaths.

Ask yourself what am I feeling?

Keep paying attention to your breath.

Continue for a minute in silence (Note: shorten or lengthen as needed).

Open your eyes and return to the room.